

MANAGING ANXIETY AND STRESS DURING DIFFICULT TIMES

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Coping with stress will make you, the people you care about, and your community stronger. Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

our friends, and your family can help you cope with stress.

- Evaluate your own risk levels such as age or if you have an underlying health condition. If you have a higher risk,